



Vanilla Cream Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



327 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream

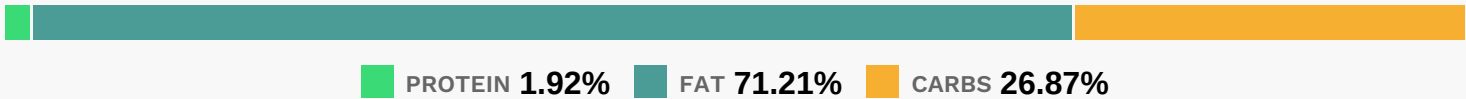
Equipment

- ☐ sauce pan

Directions

- ☐ Stir first 3 ingredients together in a saucepan.
- ☐ Add butter, and cook, stirring constantly, over medium heat until butter is melted and mixture begins to boil. Cook, stirring constantly, 3 minutes or until mixture is slightly thickened.
- ☐ Remove from heat, and stir in vanilla.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:14.79, Inflammation Score:-5, Nutrition Score:2.6278260894444%

Nutrients (% of daily need)

Calories: 326.83kcal (16.34%), Fat: 26.47g (40.72%), Saturated Fat: 16.78g (104.9%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 22.43g (8.16%), Sugar: 21.41g (23.79%), Cholesterol: 78.19mg (26.06%), Sodium: 86.1mg (3.74%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 1.6g (3.21%), Vitamin A: 983.36IU (19.67%), Vitamin B2: 0.1mg (6.17%), Vitamin D: 0.76µg (5.08%), Vitamin E: 0.7mg (4.68%), Calcium: 34.61mg (3.46%), Phosphorus: 31.98mg (3.2%), Selenium: 2.17µg (3.1%), Vitamin K: 2.32µg (2.21%), Vitamin B12: 0.1µg (1.59%), Vitamin B1: 0.02mg (1.46%), Potassium: 50.54mg (1.44%), Vitamin B5: 0.14mg (1.41%), Folate: 4.99µg (1.25%)